STAFF

EDITORIAL
Michael Jacobson, Ph.D.
Executive Editor
Bonnie Liebman, M.S.
Director of Nutrition
Stephen B. Schmidt
Editor-in-Chief
Jayne Hurley, RD
Senior Nutritionist
David Schardt
Marsha Rosen, RD
Associate Nutritionists
Ingrid VanTuinen Wendy Meltzer
Christine Donat Tyra McKinzie
Research Assistants

CIRCULATION MANAGEMENT
Dennis Bass
Debra Brink William C. Moncrief
Penny Brooks Cecilia Saad
Damon Dorsey Chris Schmidt
Louella Fennell Christopher Scott
Greg Hildebrandt

SCIENTIFIC ADVISORY BOARD
Kelly D. Brownell, Ph.D.
Yale University
Greta R. Bunin, Ph.D.
Children's Hospital of Philadelphia
R. K. Chandra, M.D., FRCPC
Memorial University of Newfoundland
Leonard A. Cohen, Ph.D.
American Health Foundation
Caldwell B. Esselstyn Jr., M.D.
Cleveland Clinic Foundation
June A. Flora, Ph.D.
Stanford University
Stephen Havas, M.D., M.P.H., M.S.
School of Medicine
University of Maryland
David Jacobs, M.D.
Washington, D.C.
Norman M. Kaplan, M.D.
Southwestern Medical Center
University of Texas, Dallas
J. Glenn Morris, Jr., M.D., M.P.H.&T.M.
School of Medicine
University of Maryland
Susan B. Roberts, Ph.D.
USDA Human Nutrition Research Center on Aging, Tufts University
Frank Sacks, M.D.
Harvard Medical School
Ronald A. Simon, M.D.
Scripps Clinic and Research Foundation
Jeremiah Stamler, M.D.
Northwestern University Medical School
Regina G. Ziegler, Ph.D., M.P.H.
National Cancer Institute

Nutrition Action Healthletter (ISSN 0885-7792) is published 10 times a year (monthly except bi-monthly in Jan./Feb. and Jul./Aug.).

POSTMASTER: Send changes to Nutrition Action Healthletter, 1875 Connecticut Ave., N.W., Suite 300, Washington, DC 20009-5728.

Application to mail at Periodical postage rates approved at post office of Washington, DC, and at additional offices.

SUBSCRIBER SERVICES

The cost for a one-year subscription or gift (10 issues) is $24; two years are $42. For bulk subscriptions, please write for details. To change your address, send us your subscriber number and your old and new address. If you don't want us to exchange your name, send us your name and mailing-label information. Mail: CSPI, 1875 Conn. Ave., N.W., Suite 300, Washington, DC 20009. Fax: (202) 265-4954. E-mail: circ@cspinet.org. World Wide Web: www.cspinet.org. Expiration date is in the upper center of your mailing label. Your subscriber number precedes the expiration date.

GUARANTEE! We'll give you 2 FREE ISSUES of *Nutrition Action* if there's ever a problem with your subscription.

Irradiate *This*

One way to eliminate *E. coli* and other potentially harmful bacteria in ground beef, chicken, and other foods is to irradiate them.

Irradiation's big plus: It kills bugs dead. But there are a few reasons to be concerned about the process. It involves moving radioactive material around the country—always a risky proposition. And it doesn't prevent sloppy handling at the plant, at home, or in restaurants, which could recontaminate food after it's been zapped.

Whether you can't wait to buy irradiated beef and other products or you're determined to avoid them, one thing is clear: Consumers need to be able to identify irradiated foods at the supermarket and in restaurants. That's what nine out of ten people said in a nationally representative telephone poll of 1,000 adults that we commissioned in June of 1996.

If you agree, please write or e-mail the officials listed below and tell them that irradiated foods need to carry a prominent disclosure, in easy-to-read type, on the front of the package. Thank you.

Thomas J. Billy, FSIS Administrator
U.S. Dept. of Agriculture, Rm. 331-E
1400 Independence Avenue, S.W.
Washington, DC 20250
(Tom.Billy@usda.gov)

Jane E. Henney, FDA Commissioner
(see coupon for address and e-mail)

Cover Story: The Diet & Disease Puzzle . . 1
News from CSPI 2
Quick Studies 9
Supplement Watch: Ginseng 10
Healthy Cook: Bean Recipes 12
Food Rating: Beans 13
Right Stuff & Food Porn . . . . Back Cover

99P-0485

1284 '99 MAY 17 P2:29

Unconscientious Resisters

Antibiotics kill bacteria. That's why they save lives...except when they don't work.

Here's at least part of the problem: Antibiotics are routinely fed to cattle, hogs, and poultry to make them grow faster. That major–and unnecessary–use boosts the odds that bacteria will become immune to antibiotics. And if you happen to get an infection caused by one of those resistant bacteria, the antibiotic your doctor prescribes could be useless. That could kill you.

We have filed a petition with the Food and Drug Administration asking that medically useful antibiotics be banned from animal feed. You can help by signing and mailing this coupon or, better yet, by writing or e-mailing in your own words.

To: Commissioner Jane E. Henney
Parklawn Building, Rm. 14-71
5600 Fishers Lane
Rockville, MD 20857
(JHENNEY@oc.fda.gov)

From:
Edw J. Bebko
301 Laurens St
Olean NY 14760

As a member of the Center for Science in the Public Interest (CSPI), I urge you to save human lives by banning the use of medically useful antibiotics in animal feed. Adding antibiotics to feed in order to promote growth can make bacteria resistant to those antibiotics. And that can leave physicians with no way to treat life-threatening bacterial infections in humans. That's why I support the petition filed by CSPI.

The contents of NAH are not intended to provide personal medical advice, which should be obtained from a qualified health professional.

■ ***The use of information from Nutrition Action Healthletter for commercial purposes is prohibited without written permission from CSPI.***

Design and production by The Page Group, Bethesda, Maryland.
©1999 by Center for Science in the Public Interest.

C194

The Center for Science in the Public Interest (CSPI) is the non-profit health-advocacy group that publishes Nutrition Action Healthletter. CSPI mounts educational programs and presses for changes in government and corporate policies.

Bebko
301 Laurens St
Olean NY 14760-2513

PM
5 MAY
1999

USA First-Class Rate

Commissioner Jane E. Henney
Parklawn Bldg. Rm 14-71
5600 Fishers Lane
Rockville MD. 20857